

# The Upside Of Aging

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The COA staff recently took a tour of **PACE North** located at 2325 N. Garfield road and were very impressed with their facility and the services that they offer to seniors. Below is a follow-up from Lori Wells, Community Outreach Director at PACE North:

As we age in our homes and communities, we often require an extra helping hand and increased medical assistance to help ensure our safety and well-being. At PACE (Program of All-Inclusive Care for the Elderly), we understand this. And for those individuals who may qualify for nursing home care but who would rather remain living in their community instead, PACE offer you this choice.

The PACE model of care is the welcomed alternative to a nursing home. PACE participants are aged 55 or older; are certified by the State of Michigan to need nursing home level of care; live in the defined PACE service area; and are able to live safely in the community, supported by PACE program services, at time of enrollment. With PACE, you receive a care plan designed just for you. The care is complete – combining social, medical, dietary, and support services. Plus, we provide door-to-door transportation to our Day Center and medical appointments as needed. All to help you live safely – at home. For more information please call **Lori Wells, Community Outreach Director at 231-252-3821.**

Call our office to cancel your COA worker if you are ill, have been tested for COVID-19, or have been asked to quarantine. Please call within **48** hours if you need to cancel for any other reason, such as a doctor's appt. **(231) 922-4688**



## Are you a Snow Bird?

Will you be heading away for the winter months? If so, please be sure to call our office to let us know to suspend your services and to get your forwarding address. Thank you!

520 W Front St, Suite B, Traverse City, MI 49684 | 231-922-4688  
Website: [www.gtcoa.org](http://www.gtcoa.org)

caring for those who cared for you, since 1975

Just a friendly reminder...

- > Halloween - **Sunday, October 31**
- > Daylight Savings: set clocks back one hour, **Sunday, November 7**
- > COA will be closed **Thursday, November 11** in observance of Veteran's day
- > COA will be closed **Thursday and Friday, November 25-26** for the Thanksgiving holiday

**Reminder:** COA office is *closed* for lunch between 12 - 1 pm



### Emergency Response Buttons

Do you have an **Personal Emergency Response System (PERS)** button? Did you get it through the GT County Commission on Aging? If not, you may be able to get one at a much lower cost or free.

We offer two different models through Guardian Medical. First is the **Basic PERS**, which is a small pendent or watch that you wear at all times. It never needs charging and it is water-resistant so you can wear it while bathing. This unit has a base unit in your home and can respond to a button push from up to 1,000 feet away. This model may be used by more than one member of the household.

The second model is a **GPS PERS** unit that has a built in speaker and fall detection option. This unit must be worn upright as a pendent or by clipping onto your waistband and needs to be charged at night. It can go anywhere with you, so if you frequently leave your home or have a history of falls, this may be the model for you. This model is only for one person.

Costs range between \$0 - \$20 per month for the Basic model and \$0 - \$25 for the GPS Model. Call our office if you are interested in either of these models or would like more information. **231-922-4688**. Once ordered a local tech from Guardian Medical will call to set up your unit and show you how to use it.



### September Kudos Winners!

*Cheryl H.*

*Rhonda Y.*

***Congratulations!!***

### November Staff Birthdays and Anniversaries

#### Birthdays

Melissa Z - 11/04  
Dean D - 11/08  
Josh D - 11/14  
Brittany P - 11/23  
Scott C - 11/29

#### Anniversaries

Lana P - 11/13 - 3 yr  
(12 years with GT County)

Happy  
Halloween